

## Abstract

**Title:** Evaluation of overweight and obesity in children of younger school age

**Objectives:** The aim of this work is to evaluate the body composition of a sample of children of younger school age. Another intention is to find out the preferences of spending free time and whether the choice of leisure activities is determined by overweight and obesity.

**Methods:** In my thesis I used a quantitative method of data collection using a survey. The survey is anonymous and was compiled on the basis of knowledge from the theoretical part. The target group is children of younger school age from Prague schools. The obtained BMI values will be compared with the tables and in children with higher BMI values the individual answers will be analyzed in more detail. This method should indicate the possible cause of elevated BMI values.

**Results:** The results of the survey showed, it was found that Below-average (42 %) and average (53 %) BMI values were most often found in most children. Most children with higher BMI values eat breakfast regularly (71 %), but physical activities in the weekend program are included irregularly (78 %). Secondary education was most often mentioned among the parents of these children (60 %).

**Keywords:** overweight, obesity, BMI, percentile graphs, lifestyle